

# Spring Steen

拍數: 40      牆數: 4      級數: Improver  
編舞者: Linda Williams - July 2012  
音樂: Springsteen - Eric Church



---

## Rock, Recover, Rock Recover, Cross and Heel, Cross and Heel

- 1-2&      Rock forward on Right, Recover back on Left, (&) step on Right
- 3-4&      Rock forward on Left, Recover back on Right, (&) step on Left
- 5&6&      Cross Right foot over Left, Step back on Left, Touch Right heel forward, Step Right next to Left
- 7&8&      Cross Left foot over Right, Step back on Right, Touch Left heel forward, Step Left next to Right

## Shuffle Right, Shuffle Left, ½ Turn, ¼ Turn

- 1&2      Shuffle forward Right stepping RLR
- 3&4      Shuffle forward Left stepping LRL
- 5-6      Step forward on Right, Pivot ½ turn Left, Step on Left
- 7-8      Step forward on Right, turn ¼ turn left, Step on Left

## Cross Side, Sailor Step, Cross Side, Sailor Step

- 1-2      Cross Right over Left, Step Left to Left Side
- 3&4      Cross Right behind Left, Step Left to Side, Step Right to Right Side
- 5-6      Cross Left over Right, Step Right to Right Side
- 7&8      Cross Left behind Right, Step Right to Side, Step Left to Left Side

## Kick and Touch, Kick and Touch, Kick and Touch, Kick and Touch

- 1&2      Kick Right foot Forward, Step on Right, Touch Left toe to Left Side
- 3&4      Kick Left foot Forward, Step On Left, Touch Right toe to Right Side
- 5&6      Repeat 1&2
- 7&8      Repeat 3&4

## Rock, Recover, Shuffle ½ Turn, Rock Recover, Shuffle ½ Turn

- 1-2      Rock Forward on Right, Recover to Left
- 3&4      Turn ½ turn Right shuffling RLR
- 5-6      Rock Forward on Left, Recover to Right
- 7&8      Turn ½ turn Left shuffling LRL

Begin again and have fun.

---